

December 21, 2021

Worry Less, Pray More [Philippians 4:4-7](#)

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”

As a young boy, and still to this day, I look forward to Christmastime. What makes this time so special? For me, it’s the break from school, the Christmas play rehearsals, the time spent with loved ones, the exchanging of gifts, and especially celebrating Jesus’s birth.

I always look forward to it, but for a few years, I found that I could not enjoy this season the way I had in the past. Around the time I entered the seventh grade, I began to worry a tremendous amount. With every bad thought that entered my mind, worry and stress would steal my joy. I feared the lies the enemy was pouring over me could, in fact, be true. I won’t get into details, but it was one of the worst times of my life.

One thing I love about God, however, is that He can use our troubles and turn them into a testimony to help others.

I have since left that season of my life, and Jesus has given me victory over those worries. One thing I have learned through this season is that you must displace bad thoughts as soon as they come into your mind. Trying to figure them out, or make sense of them, will do no good.

We must surrender them to the Lord. As 2 Corinthians 5:4 tells us, “We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments.”

Once surrendered and given to God, we must replace that thought with something good – something honorable, pure, or lovely by God’s standards.

This season in my life brought me closer to God and made me more dependent on Him. I had to worry less and pray more in order to experience the joy and peace the author was writing about in Philippians. It’s time to take authority over your thoughts in Jesus’ Name!

***Prayer:** Father, help us to resist the urge to overthink our worries and bad thoughts. Help us to surrender those thoughts to You and replace them with good thoughts, so we can experience your joy and peace. In Jesus’ Name we pray, Amen.*

Garrett Davis
Pleasant Hill United Methodist Church
Kincheloe, WV
garrett.davis770@gmail.com
Certified Lay Speaker